

One of the
Best
Things You
Can Do
For Your
Kids



DOH Pub 130-023 12/97

Created in cooperation with
Southwest Washington
Health District

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Call 1-800-525-0127.

Protect them from **secondhand** **Smoke**

How to talk to a friend or relative

"I know it's hard when you don't smoke, but I know you care about our health. I'd like to ask you to smoke outside. I don't want to hurt your feelings, but this is really important."

Kids who breathe secondhand tobacco smoke are more likely to have:

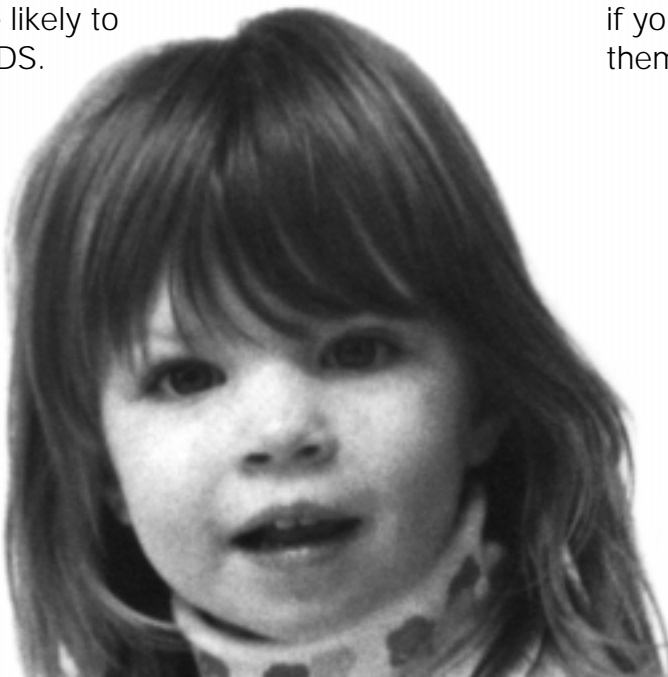
- coughs and colds
- ear infections
- bronchitis and pneumonia
- breathing problems and asthma
- allergies
- lung cancer and heart disease later in life

Tobacco smoke is really bad for infants. Babies who breathe secondhand smoke or whose mothers smoked while pregnant are often born underweight, have problems with lung development, and are 2 to 3 times more likely to die from SIDS.

Keep your kids' air smoke-free:

- Don't let anyone smoke in your house or car
- If you or others in your family smoke, go outside
- Make sure babysitters and child care workers don't smoke around your kids
- Avoid places where smoking is allowed. Eat at smoke-free restaurants.

Most smokers know that tobacco is bad for health. And most of them will put out a cigarette if you ask them.



If you or others in your family are ready to quit smoking, ask your doctor for help. Or call:

American Lung Association
1-800-586-4872

American Cancer Society
1-800-227-2345

Your local public
health department